

Utopia Martial Arts Limited
Welcome Pack

Welcome to Utopia! Here is our welcome pack and everything you need to know about our club and how we operate.

We are 3 sisters who started our business in 2016, working in schools, academies and delivering seminars all over the country. We are all black belts in Martial Arts and teaching is our passion. We hope to inspire our students to be the best version of themselves.

At Utopia, we offer a variety of Martial Arts classes including Karate, Taekwondo, weapons, kickboxing and extreme forms. We also run fitness classes and personal training.

The core syllabus classes cover areas required to grade for belts including: fitness, traditional forms, katas and pad work. Anyone over 8 years of age can participate in the specialist classes. The specialist classes provide additional skills to complement the syllabus classes and include: extreme forms and tricks (karate with gymnastic moves) both with and without weapons (these are not live weapons, it is safe!), semi-contact kick-boxing drills and sparring.

Some of these classes will require specific equipment e.g. for sparring you will need semi-contact sparring kit (which we can source at discounted rates from trusted suppliers – see below). Ideally, we recommend that you acquire the clubs Gi (wrap around karate uniform and belt) for core syllabus classes plus a club t-shirt, for wearing in specialist classes, both sparring and extreme forms are best carried out in t-shirt and karate trousers.

We teach Martial Arts to high standards to anyone over 4 years of age (no upper limit). For the younger classes we will be developing motor skills, confidence and fitness as well as fun games and basic karate skills. Martial Arts help to develop many skills but are enjoyable at the same time. In order to develop your child's confidence we want to give them as much praise as possible by providing a "star of the month" award each month to the child we feel has worked the hardest or has improved the most. We will award them by engraving their name into a Utopia Plaque which will be recognised for many years, so they are recognised for their good work and progress. At the end of the year we hold a presentation evening with a range of rewards for student who have stood out and worked hard over the year. This way we believe the student are getting the acknowledgement and applause they deserve.

Another key aspect in Martial Arts is belt grading's. Grading's involve students being examined on their knowledge, understanding and martial arts technique. They will be assessed for different coloured belts at each grading. The belt colour system for karate is: red; yellow; orange; green; blue; purple; brown; brown/black stripe; and black. At each grading students will need to demonstrate punches, kicks, blocks, fitness, sparring, pad work and katas. At each belt the techniques become progressively more difficult. For our Little Ninjas classes we have developed a tagging system whereby they learn techniques in class and are awarded tags as they grasp the areas of the syllabus, once they earn 10 tags they will be awarded their next belt.

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Payments

We collect payments on Direct Debit ("DD") via service provider "GoCardless". For new starters we are willing to accept cash/card payments initially at the prevailing standard price per lesson (available on request), back to back lessons on the same day include a discount. After a settling in period we prefer people to pay on direct debit to reduce administration and disruptions to lesson time. Direct debits offer a significant discounted rate compared to pay as you go and the more classes the bigger the discount. All the DD rates incorporate at least 4 weeks free to cover holidays plus a progressive additional discount. Payments will be collected on the 5th of every month. No refunds will be given (unless collections made in error) and one month's notice must be given for anyone wishing to leave. All classes must be paid for in advance. Anyone that cancels their direct debit and wants to re-sign up will incur a £25 administration fee. Where there is a genuine issue preventing the student from training e.g. a long term injury, we can put direct debits on hold, but as direct debit rates are significantly discounted already this should only be in cases where the absence is for two months or more. Classes do fill up and preference is given to students on direct debit. Monthly direct debits are based on 1, 2, 3 or unlimited (min of 4) classes per week and plans called **Bronze, Silver, Gold & Platinum**.

How the belt grading system works.

Grading for belts will occur every 3 months for coloured belts with the exception of Brown and Brown / Black stripe, where there will be a minimum interval of 6 months. Therefore the minimum timescale to achieve your black belt is around 3 years. Once 1st Dan black belt is achieved there are on-going Dan grading's, the interval between Dan grading's increases by year multiples so to get 2nd Dan the interval is 2 years from 1st Dan then a further 3 years for 3rd Dan and so on. Will students always be able to grade? Grading intervals stated above are the minimum time period. Students may not always be invited to grade; it very much depends on the progress made. In order to be eligible to grade the student must attend sessions regularly, ideally, 2 classes a week is advisable for intermediate level belts i.e. green onwards. We want to make sure that every student enters the Grading feeling that they are fully prepared. In addition, to be fair to other students who attend every session, it would not be appropriate to grade someone who has missed numerous sessions. We will keep a register, with the names of all students and keep a record of progress and attendance. If we do not believe a student is ready for grading because their technique isn't ready for assessment, then we will not enter them. This avoids us having to fail students after their grading's and causing them to feel disheartened. Students can still fail in grading's so they should not be complacent even if selected to grade. Finally student behaviour, if a student doesn't meet our behaviour standards, we will not enter them in the grading. However, this is only a last resort as we want to keep everyone enthusiastic and constantly improving, whilst also having fun. We will operate a reward system and may from time to time issue free equipment/awards etc. to certain students for their help in class, their dedication and improvement etc.

What happens on grading days?

We run two separate grading's over 2 days, Saturday for Red-Blue belts, and Sunday Purple-Black belt. On grading day 1 depending on the belt they're being assessed for, times will be staggered. On the second grading day (advanced) all students will come at the same time regardless of belt. This is because students will benefit from the bigger and better atmosphere on the grading day.

In addition, students who are grading for higher belts have to recap the previous belt syllabus as part of their next belt so that we can reassess them and then carryout the various techniques and requirements of their next belt in order to pass. The lower belts can leave early (when they finish their part of the grading) however, if they would like to support the other belts they are more than welcome to remain. Dates will be confirmed and put up on the notice board as well as being announced in the gym so that each student and their parent/guardian are aware of the dates well in advance. Each grading will incur a fee on a rising scale depending on which belt they are taking. Grading costs will be notified in advance. Each student that successfully passes will receive a new belt and a certificate. Students that achieve black belt will receive a silk belt embroidered with their name and a framed certificate.

Grading books.

We now have personalised Utopia Grading books, these are to track your Martial arts journey in all gradings.

What happens in little ninjas?

In little ninjas the students don't do gradings, but we have a tag system which is mentioned above. This goes up to orange belt. Once a little ninja has reached orange, they either move up to the older class or they remain little ninjas but can do assessments/gradings if they would like to.

Weapons and Open hand assessment.

We now run Weapons Assessments, these belts are striped but go in the same pattern as Karate belts. This is to give our weapons students a goal to aim for, each belt increasing in difficulty. With the starting belts, we give the students routines to learn, however as freestyle is all about being creative, for the later syllabus levels the students have to make up their own routines. The syllabus includes open hand, weapons and spinning kicks. These assessments for beginner belts start off in class time until their green belt. Once they are at darker colours (advanced level) they do the assessment on Saturdays. The waiting time is around 4 months for all belts except Back Belt which is 1 year.

Taekwondo

We now run Taekwondo classes Saturdays in collaboration with Lion Taekwondo. These assessments are aimed at every 3 months, but are assessed by Master John or Master Ashley. All the Lion schools attend together to grade. Taekwondo gradings are affiliated to

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British Taekwondo (BT) the official Olympic version of taekwondo. A separate licence and insurance is required and payable to BT.

Mondays Little Ninjas 4:15-5:00pm Karate Novice 5:00-6:00pm Karate Advanced 6:00-7:00pm Kickboxing 7:00-8:00pm	Tuesdays Little Ninjas 4:15-5:00pm Karate Mixed Level 5:00-6:00pm Weapons and Tricking 6:00-7:00pm Karate Mixed Levels 7:00-8:00pm
Wednesday Little Ninjas 4:15-5:00pm Weapons and Tricking Novice 5:00-6:00pm Karate Mixed Levels 6:00-7:00pm Weapons and Tricking Adv 7:00-8:00pm	Thursday Little Ninjas 4:15-5:00pm Karate, Weapons and Flips 5:00-6:00pm Tricking/Flips Class 6:00-7:00pm
Friday Womens only Martial Arts course 12:00-1:00pm (Term time only) Weapons and Tricking 4:30-5:30pm Weapons & Flips 5:30-7:00pm	Saturday Little Ninjas 10:00-10:45am Taekwondo 10:45-11:45am Weapons & Flips 11:45-1:15pm

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For all classes, please contact us to book on or if you are unsure on which class to book on, please feel free to call us for advice so we can find the perfect class, for you or for your child.

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Utopia Martial Arts – Waiver Form Student

Name: _____

Address: _____

Email Address _____

Telephone Number: _____

Medical Information

1. Do you have any history of heart trouble? Yes _____ No _____
2. Have you ever experienced pain or tightness in your chest? Yes _____ No _____
3. Have you ever had a stroke? Yes _____ No _____
4. Do you have high or low blood pressure? Yes _____ No _____
5. Do you often suffer from severe dizziness? Yes _____ No _____
6. Do you have diabetes? Yes _____ No _____
7. Are you pregnant? Yes _____ No _____
8. Do you have asthma? Yes _____ No _____
9. Do you have any injuries? Yes _____ No _____

Any other health conditions or things we need to know about please list below:

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If you answer 'Yes' to any of the above questions, you will need a doctors release to use the clubs classes and facilities.

Emergency Contact Name: _____ Home number _____

Relationship: _____ Work Phone: _____

ASSUMPTION OF RISK & WAIVER OF LIABILITY: Student/Member represents that he/she is in good physical condition and is able to use the facilities of Utopia Martial Arts. Student/Member hereby acknowledges that he/she is fully aware of the risks and hazards inherent in the practice of martial arts and in fitness activities and hereby assumes voluntarily all risks of loss, damage or injury (including death) that may be sustained by Student/Member or to his/her property. Student/Member hereby accepts full responsibility for the use of, or participation in, any and all

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classes, services, equipment, demonstrations or events, whatsoever owned, operated or sponsored by Utopia Martial Arts, whether on-site or off-site and hereby releases and agrees to hold harmless, Utopia Martial Arts, its owners, officers, directors, members, employees, representatives and agents from any and all loss, claim, injury, damage or liability sustained or incurred by Student/Member resulting there from. This release shall be binding upon the heirs, distributes, next of kin, executor and administrator of each of the undersigned.

In signing this Agreement, the undersigned hereby acknowledges and represents that that he/she has read this release, understands it and signs it voluntarily.

_____ Student / Member

_____ Parent / Guardian (if student is under 18 years)

_____ Permission to contact you on text/email

_____ Permission to post photos/videos on social
media (website, Facebook page etc)

_____ Date



Utopia Martial Arts

Uniforms/Equipment

- Utopia Hoodies Black/Red: £35 Adult/£30 Child
- Utopia Karate Gi Full Suit: £40
- Utopia Karate Gi Top: £28
- Utopia Karate Gi Bottoms: £18
- Utopia Backpack Black/Red: £18
- Utopia Tracksuit Top: £40 Adult/£30 Child
- Utopia Tracksuit Bottoms: £35 Adult/£25 Child
- Utopia Shorts: £18
- Utopia T Shirts Black/Red: £20 Adult/£17.50 Child
- Utopia Heavy T-Shirts Black/Red: £20 Adult/£17.50 Child
- Utopia Long Sleeve T-Shirts Black/Red: £25
- Utopia Beanie Black/Red: £16
- Lion Taekwondo T-Shirt Navy: £20 Adult/£17.50 Child
- Lion Taekwondo Tracksuit Top: £40 Adult/ £30 Child
- Lion Taekwondo Tracksuit Bottoms: £35 Adult/ £25 Child
- Lion Taekwondo Hoodie: £35 Adult/£30 Child
- Taekwondo DOBOK: £30

(All the above include VAT. Prices subject to change)

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Name of Student

Height in cm

Clothing size

Description	Quantity	Price per unit	Colour choice	Total
Club Gi (top and bottom) black		£40		
Club Gi Top black		£28		
Club Gi Bottoms black		£18		
Utopia Hoodies red or black		£35/£30		
Utopia Beanie		£16		
Utopia T-Shirt red or black		£20/£17.50		
Utopia Heavy T-Shirt black or red		£20/£17.50		
Utopia Long Sleeve T-Shirt black or red		£25		
Tracksuit Top black with red stripe		£40/£30		
Tracksuit Bottom black with red stripe		£35/£25		
Utopia shorts black with red stripe		£18		
Utopia Sweatshirt red or black		£30/£25		
Utopia Backpack red or black		£18		
Lion Taekwondo Tracksuit top navy		£40/£30		
Lion Taekwondo Tracksuit bottoms navy		£35/£25		
Lion Taekwondo Hoodie navy		£35/£30		
Lion Taekwondo T-shirt navy		£20/£17.50		
Lion Taekwondo Dobok		£30		

Utopia Martial Arts

Birthday Parties

We love celebrating those special days here at Utopia!

**Celebrate your Birthday
At Utopia!**

Trick Topia

- *Flips and Tricks*
- *Weapons*
- *Challenges*
- *Airpads*
- *Crash Mats*
- *Obstacle Courses*

Parties are £10
per Head

Warrior Topia

- *Punch*
- *Kick*
- *Block*
- *Fun Games*
- *Sports Sword*
- *Team Games*
- *Ninja Challenges*

Find your Inner Warrior